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# THE MAYANS

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VADE MECUM, VOLVENTIBUS ANNIS

**THE MAYANS**  
SAN ANTONIO,  
TEXAS

Degree 6 - 7

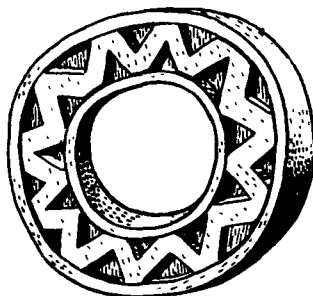
Number 82

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# PHILOSOPHY SERIES ONE

(Part Two)

## 6th and 7th Degrees



### SPIRITUAL CULTIVATION

#### THE HEALING POWER OF SPIRIT

Beloved Companion:

To you I send my greetings in the 6th and 7th Degrees. To you who know the meaning of the Ring of Tula, the Alpha and Omega, the Microcosm and the Macrocosm, may you be blest with the Healing Power of the Spirit that you may continue to bring blessings to others in ever-increasing abundance. To you who are Mayans  $\triangle$ ,  $\boxplus$ , and  $\odot$ , and to you who know the mystic Passwords, I send my spirit to meditate with you. May these studies prosper you and lead you upward nearer, ever nearer to THAT EFFULGENT LIGHT which, once perceived, forever after Illumines your Immortal Mind. May our Great Companion bless you.

One of the higher phases of Spiritual Cultivation is that concerned with Healing. God is willing to heal. He is even willing to put off death. But we should remember God's Universe is a Universe of Order and not chaos. There are laws which govern these things as there are laws governing everything in His Universe.

Part of the Universal Plan is Change. Everything changes. Thoughtless people are inclined to call each change Death, as though the change called Death were the end of things. It is really a beginning. It is a higher life, a Reward. It cannot be very flattering to God that we desire to postpone death. Yet it is natural for us to desire to do so, for few among us are perfect in faith. Even Jesus asked if it be God's will that the crucifixion proceed; not questioningly, not seeking to escape, but as humankind should ask when that fearsome initiation into the higher life looms imminent.

All of the Universe is built on change, - constant change. The tiniest insect lives his entire life in minutes, the mightiest Sun lives its life in aeons, brief when compared to Eternity. All must die and be born again. Our present life form may live a prolonged span, but the change called death must come sometime. We like it here though we know it to be a vale of tears, and we shrink from ... what? If our faith is weak, we shrink from the unknown; if our



lives are evil we shrink from punishment; but if our faith be strong, why should we shrink from our good rewards? Your heart knows the answer. Improve your life and have faith that God, the Great Spirit, is Just in all things.

Have you sinned? Have faith that your punishment will not exceed your sinning. It may consist of living another life much like the one you have lived, but during which you can correct your ways. The tortures of Hell, pictured in such detail by medieval generations, may exist for very sinful or unbelieving people, but probably even they find Hell vastly different. The average sinner need not fear so greatly if he has faith that God is a Just God and Righteous, - if he remembers that he still has time to give to others and to right many of the wrongs of which he may be guilty.

We should not expect God to set aside His Law which runs the Universe because we ask. Yet, if we desire a little more time in which to right our wrongs, we may expect to receive that answer to our prayer of faith.

Surely it is right for us to ask the blessings of healing in the same true spirit, the same faith. Knowing that it is right, and that it is His Will that we ask, and that it is His Way to fulfill our askings should give strength to our faith. Many blessings come on wings of healing, - blessings often beyond our own present knowing.

Live each day as though it were your last, with conscience clear on today's deeds, and seeking each day to atone for or correct the sins of your earlier days. Spend your life not in vain regretting, but in joyous creating of things good, in expectation of still greater good and riper wisdom now developing and still to come. Work and laugh. Meditate and be kind. Do this more and more each day and you will find fewer things to pray for and more and more things to give thanks for, and your prayers will steadily become closer Communion with God, which is the deepest and the highest satisfaction. Thus can you enter into a part of Heaven now. Thus can you prepare for your Higher Life.

Healings of the Soul, healings of the Spirit and, yes, healings of the Body, - healings of your body and healings of the hurt, sick bodies of others shall be your reward. On wings of healing shall come your blessings if you make yourself worthy. Only by feeling worthy, seeking to be worthy, and feeling in your heart that what you ask is righteous, can you have perfect faith.



Let us descend now into the streets and the homes of the world and study further the everyday problems of the people. Let us consider just what "health" is:

Health is the condition that exists when all the tissues are in normal condition, and all the organs function normally and in harmonious relation with each other. It is not only a physical condition, but it also affects thinking, attitudes, and disposition. We have said in other lessons that the body is the machine through which the spirit functions and expresses itself. The soul trying to express itself through a broken and diseased body is like a master musician playing

on a small organ, battered and out of tune.

Health is the natural condition, and should be the universal one. We see perfectly healthy people so seldom that we remark about it. It should be the other way. The person ailing or with impaired health should be the exception, for we were created to be well, and we must be so to fulfill the purpose of our existence.

The word from which comes the word "health" meant "soundness and completeness". It is significant that the word "holiness" is a form of the word "wholeness", which comes from the same source and means the same thing. A holy person, then, is one who is complete in the sense of being sound in body, mind, spirit, and soul.

Ever since Paul wrote about mortifying the flesh and bringing it into subjection, and perhaps before, there have been those who thought it pleases God to neglect and abuse the body. Paul meant no such thing. He meant that the flesh is not to be allowed to dominate the spirit, but it is to be made to do the spirit's bidding. An unhealthy body is harder to keep in subjection than a healthy one is. Whatever one does to "mortify the flesh" is good if it is conducive to health. Otherwise it is wrong.

In general we have three types of diseased conditions. First, there are mechanically damaged tissues and organs, unnatural conditions resulting from accident, caused by conditions of life and work, or existing from birth. Second, there are the conditions resulting from germ infection, or the invasion of the system by tiny organisms which give off poisonous substances called enzymes. Third, there are the psychosomatic diseases, or those arising from wrong habits of thought and abnormal mental attitudes.

As you will be told in any modern Psychology laboratory, this third group of diseases is surprisingly large, and the list is constantly growing. Modern science is taking that much of a step at least in the direction of the old philosophies that held that disease germs do not invade the body from the outside but are actually created in the body by wrong habits and attitudes of mind. In any case, the whole matter has a MIND angle, which is one of the points to observe and at which to apply curative efforts.

Since the words "health" and "holiness" have the same derivation, it is quite natural that we should find the Bible full of records of healings and the entire history of religion full of indications that when God has His way the body as well as the Spirit is made perfectly whole.

Almost from the beginning the Old Testament relates instances of spiritual healing, and when we come down to Jesus and the apostles we find the records full of them. In one of the gospels it is said of the Master that "as many as touched Him were made perfectly whole." There is our word for holiness again. These healings usually required some form of words or action, but that was only to give the mind the necessary concentration while faith did its work.

There are plenty of evidences that the healing power of spirit did not cease functioning with Biblical times. Such shrines of healing as that at Lourdes,

St. Anne de Beaupre and others attest to that, as do countless personal experiences known to people everywhere.

The powers that created the universe and life also sustain them. When everything is in harmony there is health. When the mechanism becomes disorganized there is disease. The problem and the cure is simply to restore the lost harmony. For this the love and power of God are always available.

The first law of health is the prevention of disease. Take the best care of your body, physically, mentally and dietetically. If you do that, medical and surgical means will seldom be necessary. If they become necessary, do not hesitate to use them, for they too are God's means to wholeness. NEVER GIVE UP, NO MATTER WHAT ANYONE SAYS. God often heals when all other means have failed. If you give up, your faith has failed, and you have lost the greatest power that can be used in your favor, the very means by which the healing forces of the divine are released in the body.

The following cases, among many others, are all personally known to the writer of these lessons:

Very little hope was held out for the recovery of a certain lady. For days and nights she had not slept, and her extreme nervousness was wasting her energy beyond hope of renewal. She was visited, talked to in a quiet, reassuring way, and prayed with while the visitor held her fevered hand. Almost as soon as he had left she fell into a quiet sleep and slept the rest of the afternoon, all night, and part of the next day, awaking refreshed and without fever. In a few months she was one of the most impressive pictures of health in the neighborhood. This happened when she stopped trying to fight her own battle and gave herself over to God in faith.

A woman underwent surgery for the removal of a brain tumor. The growth was found to be malignant, and no one but she continued to expect recovery. As she prayed, she received also the sincere prayers of others and years of comparative good health went by. Then she began experiencing discomfort and submitted to a second cranial operation. The trouble had been caused by an accumulation of water from the old operation, and not by any further signs of malignant growth. She is not now living, but probably would be had it not been for the shock and exhaustion caused by the second radical operation performed when the condition would have yielded to a very slight one.

More than fifty years ago a man was sent to California in the hope of prolonging his life for as much as a year. There he opened an academy and managed it successfully for twenty-five years. Then he sold the school and was elected to a city office which he held for another twenty-five years. After that he retired, and is still active and well. By refusing to give up he made a practical demonstration of the faith Jesus always demanded as a condition of healing, and his faith had made him whole.

A county health officer received the report that a boy in the country had a ruptured appendix and, because of religious scruples, the mother would not allow him to have medical treatment. Upon examination, the doctor found that peritonitis had already set in. The mother was belligerent and, since it appeared that the boy

could not be saved anyway, the doctor decided to let the whole matter alone, thinking nothing would be lost by allowing her to have her way. Not hearing of the funeral announcement, the doctor returned a few days later to see if the mother had realized her mistake when the boy died. He found the boy had not died, but he was well on the road to recovery. The story is told by the doctor himself.

More than forty years ago a man was healed of Tuberculosis in the leg bone. The disease had already shortened one leg. Not only did the disease never reappear but after all these years and in his old age the affected leg is gradually growing longer and more nearly matches the other. Not only that, but his health in all other ways was greatly improved and has remained so.

A young woman in a small city became the victim of an obsession that she was not doing her religious duty and would be lost. At first only her thinking was affected, but later her body began to weaken under the condition. Eminent neurologists were consulted without avail. As a last resort the writer was asked to talk with her.

He did not think he could be helpful beyond reassuring her a little, but agreed to see her. He told her this notion was an obsession, the kind of thing called evil spirits in the time of Jesus, and that she must rid herself of it or it would destroy her. She was frightened enough to make a strong effort and, being really a person of good mind and strong will, she succeeded. In three months she was the picture of health and cheerfulness and has remained so through the years.

We have already said that every proper agency that holds any promise of help should be used, but we usually, if not always, find that the part the agency has played was only one to serve as a STIMULANT of the faith-force. It is the FAITH that does the healing.

A patient is not doing well under the treatment of a physician. He wants another doctor, and his wish is indulged. He immediately begins to mend and soon gets well, even though the second physician called may not really have been as capable a practitioner as the first. What does that mean? Simply that the patient did not mend under the treatment of one who did not stimulate his faith. When someone came in whom he could put his faith, he began to improve. It wasn't the doctor who did it. It was his faith that made him whole.

The same rule applies to medicines. No doubt various drugs do exert effects that are helpful for one reason or another, but the medicine that cures is the one the patient believes in. Without the faith element every bottle taken is just so much waste.

Early in World War II the newspapers carried a report of a medical experiment carried out under the auspices of the army and which demonstrates this principle very clearly. A given number of patients was divided into two groups. A supply of tablets was provided, all looking exactly alike, though half of them were medicated and the other half contained no drug of any kind. The tablets were given to the two groups in various combinations, but the results showed in every case that the effect depended not on what the tablet contained, but on what the patient thought it contained.

If both groups were given the medicated tablets and told they were not

medicated, there was no reaction. If all were given the unmedicated ones and told they were medicated, there was a general reaction. If all were given medicated tablets and one group was told they were unmedicated, the first group would show a reaction and the second group would not. The reverse was found also to be true.

You see, it wasn't the tablets that worked the effect, - it was the patient's faith in the tablets. They helped if he thought they were going to help. They had no effect if he did not expect any. Bales and bales of patent medicine testimonials testify to the same thing. No matter what a nostrum contains some people will be cured by it for the simple reason that some people will put faith in it. Whether one be a physician, a spiritual healer, an interested friend, or even a quack, he can get healing results if he can stimulate faith. On the other hand, no matter how wise or capable he is, he will not get much in the way of results if he cannot or does not stimulate faith.

The medical profession understands this, and many doctors make use of these principles all the time. Many of them would get better results still if they would tell patients more about what they give them or do for them and thus stimulate the faith force. Many treatments fall short of success because the doctor remains so silent about them, unless he does so in such a way as to stimulate the patient's faith by the very mystery of the performance.

One physician told how he merely tried to keep the patient comfortable while Nature made him well. He was a very successful practitioner, and enjoyed a high reputation in the town.

Another said that ninety percent of all known diseases tend to cure themselves without external intervention. He may not have realized fully the meaning of his observation and experience, which was that the Great Physician is always working with the sick. It should be added that even the divine power becomes more effective when the human touch, and FAITH, and PRAYER complete the circuit over which it must flow.

Another said he often gave patients something to take that he knew would not hurt them, but that would serve as a focus for their EXPECTATION of improvement - the faith element, you see - thus encouraging the curative processes going on within themselves. He said many people made themselves ill, thinking destructively about their condition, and made themselves well again by being given something that would serve as a stimulus to a more wholesome condition of mind.

The writer once heard an eminent member of the medical faculty in one of the greatest and best known American universities deliver a whole lecture on extra-medical healing. He pointed out many known ways in which healing processes, with which material treatment has nothing to do, go on in the body, maintaining and restoring normal, healthy conditions. He illustrated his points with many cases from his own practice and experience as a professor of medicine.

If faith in human methods and instrumentalities, even though it may be none too good, will produce such results, what may we not expect of faith in the divine power? We have not even begun to realize the extent of the human reach of faith. What can be done when it is applied to the divine resources is simply incalculable. All the present speculation about atomic energy is nothing in comparison to it, for it is a method of tapping the power that made the atom and organized it into elements.

Faith is so great a force because it is a highly spiritualized form of Creative Meditation. What one believes with all his mind, and desires with all his heart, tends to become a fact. It MATERIALIZES! It WILL do so if it is right and if too many adverse conditions are not set up in its way. We defeat more of our own dreams than others do. Most of what we have to overcome is in our own jumbling of purpose, error of judgment, and lack of concentrated faith.

Read again of the Master's wonderful miracles of healing, and you will see that what He always tried to do was to AWAKEN AND STIMULATE THE FAITH FORCE, and thus to RELEASE the powers of blessing by COMPLETING the circuit, the dynamo of which is God. We do not have to know all about the process. What is important is that it works. Faith is a much more permeating and activating thing in the body than any radioactive material. The Master was probably thinking of just such things as these when He said He had yet many more things to tell us.

Now let us consider some of the easier practical techniques, things anyone, anywhere, can do at any time. How may we go about acting on these theories that have been suggested? First, let us think about healing and helping others.

Be COOPERATIVE. Whether you act as a friend or a professional metaphysician there is nothing to be gained in refusing to work with a physician or anyone else trying to help effect a cure in some other way. Many cases have been lost because a medical practitioner or spiritual practitioner refused to work with another in giving help and relief. Be HELPFUL, not antagonistic. Cooperate, do not interfere. All proper agencies should be employed to save life and restore health and happiness. Spiritual healers need to win the respect of the medical profession so they can work in hospitals and on home cases at the call of physicians themselves. The best way to win the respect of doctors is to give it to the doctors, as the golden rule indicates. WHAT A LONG STEP FORWARD THAT WOULD BE, AND HOW MANY RECOVERIES IT WOULD ADD TO THE PRESENT LIST!

Make great use of prayer. The medical men have agencies they use in almost all kinds of cases. So do you have one, and it is prayer, because faith is the activating force in that too. The doctors call others into consultation when cases seem too much for them. You are to do the same, ONLY YOUR CONSULTANT IS GOD, and we call the consultation itself by the familiar name of Prayer.

Remember to do your praying in positive and not in negative terms. Make it encouraging and reassuring. You can do so and still be honest, because you are setting up a pattern for recovery which the recreative powers will follow. Minimize your own part in the process, and magnify God's power to heal and save.

DO NOT ASK FOR THE CURE OF A SPECIFIC DISEASE, FOR YOU DO NOT KNOW WHAT THE TROUBLE REALLY IS OR HOW MANY FACTORS MAY BE ENTERING INTO THE CONDITION, AND YOU MIGHT MISS THE POINT ENTIRELY.

Anyway, it is never good prayer practice to try to tell God what to do. It is better to ask Him to decide what needs to be done. Do that in your efforts to release healing forces in a body or set of conditions. Ask for the restoration of complete health of body, mind, and affairs. You can safely leave the rest with the Source of all wisdom and power.



Remember that in this kind of work health is more than a bodily condition. It cannot last unless many other conditions are also right. That is why a complete work of healing extends into the matter of thinking, prosperity, and human relationships, especially such close ones as exist in the family and among friends.

Use the healing touch of hands, as Paul recommends. There is nothing superstitious or fantastic about that any more than there is about pressing an electric button. They create magnetic circuits and release power to flow into the sick body which may be in sore need of just that. Some people have hands especially charged with these forces, and they are under obligation to use them in the service of those in need of the help they can give. Besides, the touch of gentle hands is relaxing, and that within itself is often very important, for tension may be just what is impeding Nature's healing processes. It is often good to hold the hand gently while praying, or to lay your hand gently on the forehead or against the cheek. Believe it or not, this ministration may provide just the tipping of the balance in favor of recovery and thus actually save a life.

But be sure your own soul is calm. If you are tense, confused, and excited, stay out of a sick room till you are again in command of yourself. The Master had the healing touch partly because in His spirit was the serenity of eternity.

Impart ENCOURAGEMENT, and thus release the faith force in the sick person so that in waking or sleeping it may continue the good work after you have left the sickroom. Drive out demon fears, as Jesus did, and replace them with positive and constructive forces. In your own silences PRAY and AFFIRM the person's HEALTH, but always ask that God's will be done. When the time has come for a soul to go home, who are we to interfere?

Our final word in this lesson will be about using God's healing forces on yourself. In this case you come in direct contact with them and can better observe their workings. Some may tell you that one cannot release help for himself. That is not true. Does not God want you to be well too?

Do not expect to have the same experience someone else has, nor worry if you do not. We are all different, and our experiences with healing powers are likely to be as different as are we ourselves. Let your experience in all such matters take what form it may. Be content if it is EFFECTIVE, for that is all we have a right to ask.

In all cases alike, however, the FUNDAMENTALS are the same. What happens is determined by the same principles, just as the same soil and growth processes produce plants and flowers of many descriptions. One of the things all healing experience has in common is the necessity of faith. Another is that the consciousness vibration, which is extremely high, is distinctly healing in its effect. And without any other apparatus or special conditions it can be used to burn out infections and relax congested tissues.

This will not be difficult to prove. When your body is in trouble at any point and in any way, sit down or lie down, relax, and DIRECT YOUR CONSCIOUSNESS straight to the part affected for a few minutes. VERY SOON YOU SHOULD FEEL A PHYSICAL SENSATION AT THAT POINT, INDICATING THAT SOMETHING IS BEGINNING TO HAPPEN.

Suppose it is a congested head condition due to a so-called cold. Direct concentrated attention to the point of greatest discomfort and hold it there a little while. You should soon be able to FEEL THE CONGESTION GIVING WAY. In the same way you can stimulate the healing of a wound, or the relief of a pain. If you feel you are "taking chances" with what may be a serious condition, then call in the doctors in addition to your prayer treatments. If it is a small matter, heal it yourself. If serious, use the recognized means of cure, and help them along with the healing powers within yourself.

You may find it helpful to close your eyes and visualize a strong beam of light directed on the spot needing attention. DO NOT THINK THIS LIGHT IS NOT REAL. Thought CAN generate light, and IT IS VERY REAL. It might not register on an instrument because its vibration is probably beyond the instrument's range, but you can actually warm tissues with it. By this means masters of Yoga can sit in the snow and force their bodies to the perspiration point.

You may find it still better to visualize this light as a revolving wheel of strong radiance, with the affected part of the body right in its path. The motion itself is thought by some to promote the cleansing and healing process. You see, we carry our own built-in sun ray lamps with us everywhere we go, ready for use any time or place we can get the necessary relaxation and concentration. Try it in either of the ways suggested, and see if the condition is not improved within five minutes.

More and more, medical practice seeks the prevention of disease rather than the cure. Spiritual healing should do the same, and is especially well adapted to doing so. If we try intelligently to live in harmony with the universe, with others, and with ourselves, we should find little that would need to be healed. What we need is a race of people fundamentally and originally strong and well. Right living on the physical plane and right thinking on the faith plane will accomplish that ideal by keeping us in tune with the Infinite.

Now go ye forth with the wings of healing, carrying blessings to all people who will believe in the goodness of God, The Great Spirit of All the Universe. Blessings on thee, Good Companion.

Your Instructor  
in The Mayans

YOUR NEXT REVELATION

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SPIRITUAL CULTIVATION - V - GUIDING LIGHTS

Philosophy Series Number I, Part II. Your fifth lesson in Spiritual Cultivation, discussing Guiding Lights.

LIGHT - THE SYMBOL OF WISDOM

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THE CANDLELIGHT OF EXPERIENCE	THE LIGHT THROUGH PRAYER
THE LIGHT OF THE SUBCONSCIOUS	TOURISTS OF THE UNIVERSE
GUESSES AND INTUITION	SPECIAL OBSERVATIONS
THE QUIET TIME	HUMAN AND INFINITE KNOWLEDGE

YOU AND YOUR PROGRESS

These are the principal thoughts and revelations contained in Your Next Mayan Monograph Number 83.